



Vol. 41, No. 4

Broadmead, Cockeysville, MD

December 2019

Marketing's success due to the efforts of many

By Bob Heaton, photo by Erroll Hay

At the November Fireside Chat, Vice President of Sales and Marketing Kristy Krueger announced that for the third time in 6 years the garden home sector of Broadmead is 100% reserved. She added that, of the 52 Hillside Homes apartments, 49 are reserved. There have been some Hillside dropouts, but they have been quickly replaced from the wait list, and the 94.2% reserved rate is well ahead of schedule. A celebration with a handsome cake followed the Fireside Chat.



Left to right: Maya Jackson, Kristen Myers, Kristy Krueger, Kathleen Coon

Kristy credits her team of Kathleen Coon, Kristen Myers, Maya Jackson, and part-timer Katina Allbrook for the ongoing success and says she feels fortunate just to steer the ship. Kristy also thanks all of Broadmead's other staff, plus the residents, for making the campus so welcoming when prospects visit.

Almost half of new arrivals are already friends or acquaintances of existing residents. As an inducement to generate

interest, Marketing offers a \$5 instant credit at the Old and New Shop each time a resident submits a first-time referral card on a prospect. As a major bonus, if such a referred prospect moves in, a \$500 credit appears on the next monthly bill of both the referring resident and the new arrival.

In addition, each month a card is randomly drawn from the inventory of referrals. The winner receives a \$50 Wegman's gift certificate. Recent winners were Mary Ellen McMillin (July), Denise Love (August), Del Sweeney (September), Marilyn Rothstein (October), and Judy Lorenz (November).

Supporting the BRA through Smile Amazon

By Bob Heaton

Vice President Cindy Yingling reminds residents that when shopping on Amazon, they can support the Broadmead Residents Association (BRA) at the same time.

Shoppers can sign onto Amazon through smile.amazon.com, enter their email and password as required, and then enter "Broadmead resident" as the supported organization.

Amazon will contribute 0.05 percent of the order's total to the BRA at no cost to the purchaser. This revenue source for the BRA has grown each year since the program's inception.

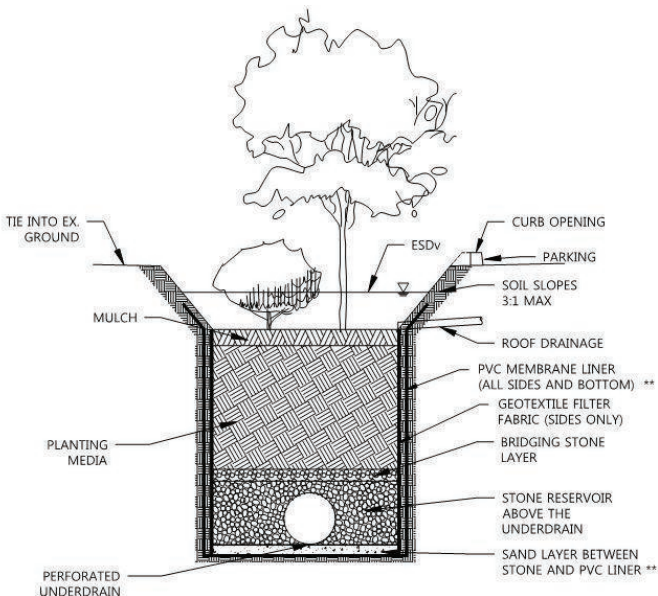
Banner photo of winter view across Lake Maybe by Erroll Hay

New stormwater runoff technology differs from the original system

By Eric Walbeck, graphic courtesy of George Pattee

Broadmead's new construction will add impervious surfaces that will produce stormwater runoff that will not flow into the original system. Since Broadmead's original construction, there are new ways to control stormwater runoff. The new system will consist of 10 micro-bioretention facilities (see graphic), also called rain gardens, to collect the stormwater runoff. There are more of them to collect the runoff closer to the source and reduce the pollution by having the runoff filtered through mulch, planting media, and a bridging stone layer into a stone reservoir surrounding the perforated underdrain piping and sand and having plants growing in and around them.

There will be a new additional system of piping underground to transmit the filtered runoff to Western Run. Several pipes have already been installed. Some of the new rain gardens are permanent. Two are temporary and similar in design to "Lake Maybe." These gardens will be reduced in size and converted to micro-bioretention facilities. Planting of these new facilities will occur with the final site plantings.



Typical section of micro-bioretention facility

EX GROUND = Existing Ground

ESDv = Environmental Site Design volume

PVC = Polyvinyl Chloride

Slow but steady progress outlined by Diversity Director

By Sidney M. Levy, photo by Bob Heaton

Jennifer Maraña, Director of Diversity and Inclusion, said Broadmead was founded on



Jennifer Maraña

Quaker principles that foster values needed for the creation of a diverse community. From its opening in 1979 through the formation of a Multicultural Committee in 2002 and Jennifer's appointment in 2019,

Broadmead's board and administration have been mindful of this mission.

Diversity has been defined in part as "the active presence of persons of a variety of social, ethnic, and cultural backgrounds." Assisted by a \$35,500 Donor Outreach Fund a strategic plan at Broadmead has evolved to strive for this goal. In so doing, Jennifer emphasized that residents' monthly charges would not in any way pay the cost of bringing lower income residents to Broadmead.

Broadmead presents itself as welcoming to older, financially qualified adults in minority groups, including the lesbian, gay, bisexual, and transgender community. Given the current garden home status of 100 percent reserved, activity now focuses on making Broadmead known to the wider world. Jennifer said that one-on-one connections with minority acquaintances will help the process along. She strongly believes that diversity is not just an endpoint; it is a journey that has many milestones.

MULTICULTURAL COMMITTEE

Hanukkah Celebration

Baltimore Klezmer Band

Sunday, December 22 7 p.m. Auditorium / Lounge

Kwanzaa Celebration

Friday, December 27 3 p.m. Auditorium / Lounge

New firearms policy focuses on safety and health

By Amy Redmon-Norwood

At the November Fireside Chat, Chief Operating Officer Robin Somers on behalf of the Broadmead Executive Leadership Team announced Policy Number ADM-23 regarding firearms on Broadmead's campus.

The purpose of the new policy is "to maintain an environment that is safe and healthy for residents and staff." As described, the term "firearms" includes all guns, including air guns. Other details include the following: Individuals residing at Broadmead as of October 14, 2019, may keep firearms that were in their possession prior to taking occupancy in independent living units, subject to several provisions. Namely, there is a limit of one firearm licensed per Maryland law and registered with Facilities Services per independent living home, with none permitted in Taylor, Hallowell, or the Community Center.

Residents storing a firearm are expected to have received training in firearm safety and to keep the firearm in a locked gun safe. Individuals taking possession of a home at Broadmead after October 14, 2019, may not possess or store firearms in independent living units. Visitors and employees are not permitted to bring firearms on campus. Firearms kept for hunting or recreation must be stored off campus.

OPEN FORUM

"Mozart Operas, Talk and Music"

Ernest Liotti

*The Peabody Institute of
Johns Hopkins University*

Thursday, December 5 7 p.m. Auditorium

MARINE BIOLOGY TALK

"Lessons from Starfish — How Marine Ecosystems are Responding to Climate Change"

Chris Harley (son of Diana and Dave)

Friday, January 3 7 p.m. Auditorium

Community for Life does not draw on residents' resources

By Bob Heaton

"Residents' monthly fees are not supporting Broadmead's Community for Life (CFL) partnership with the state of Maryland," Chief Operating Officer Robin Somers and Wellness Director Andy Switzer repeated frequently at a sparsely attended October Town Hall Meeting on the subject.

The program, originated by the Maryland Department of Aging Secretary Rona Kramer, is designed to allow a diverse population of middle-income seniors to age in their own homes, because there is a limited number of state and private eldercare facilities. Broadmead, already seeking a wider presence in the public domain, was induced to participate through a \$100,000 grant from the state, and the Broadmead Board of Trustees added \$150,000 in start-up money, using a tiny portion of Broadmead's capital surplus accumulated over its 40-year history.

Seniors who sign up for CFL pay from \$100 to \$450 per month, depending on which of the four levels of services they select. Currently, 10 subscribers are receiving varying degrees of home maintenance, transportation, shopping assistance, and guidance on how to solve problems and receive assistance.

Reviewing the first year of operation, Robin and Andy said that a lot of learning has occurred, particularly on recruiting new clients. Outside of generating name recognition, advertising was not effective. More successful has been face-to-face contact at lunches and dinners, two each, at area restaurants. Robin noted that all this is part of the CFL budget, which also reimburses hours spent on CFL by Broadmead staff, plus an office fee.

Without the addition of any new clients, there is enough start-up money left for another 18 months of operations. Hopefully, as new subscribers are added, that period will lengthen. The ultimate goal is for CFL to become self-sustaining. Robin and Andy believe that will happen.

Broadmead employees celebrate anniversaries

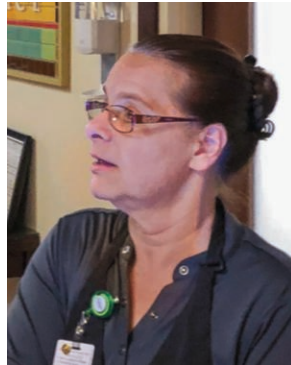
By Bob Heaton

At an October ceremony, 17 employees celebrated their years at Broadmead in 5-year multiples. Two of these began during 1979, Broadmead's first year of operation: Earline Purnell, who came in September, and Brenda Copenhagen, who joined her 3 months later.



Earline Purnell

Photo by Ann Heaton



Brenda Copenhagen

Photo by Bob Heaton

Here are the honorees, earliest to latest within their employment-inception year:

2014: Shawn Evans, Teresa D. Starks, Troy A. Ward, Veronica P. Trout, Lawrence R. Minton, Keith E. Streett, John J. Palkovitz.

2009: Carolyn D. Reid.

2004: Tarsha Campbell, Teresa M. Geroulo.

1999: Crissy Keemer.

1989: Lorraine C. Bazzell, Steve M. Spacek, Gloria M. Martin.

1979: Earline A. Purnell, Brenda L. Copenhagen.

FIRST MONDAY BOOK GROUP

An American Marriage by Tayari Jones

Monday, December 2, 10:30 a.m.

Auditorium

Moderated by George G. Toole, Rev. D.

No meeting in January 2020

FIRESIDE CHAT

Monday, December 9 10:30 a.m. Auditorium

Crissy Keemer reflects on her 20 years at Broadmead

By Bob Fetter, photo by Ann Heaton

Crissy Keemer shared observations from her 20 years' working in Broadmead's dining rooms. Recently, Crissy was among the staff members honored for their many years of service.

Her Broadmead story began not long after her 1999 graduation from Emerson High School in Baltimore City where Crissy majored in baking. (No, she has never made the cakes and pies enjoyed at Holly Terrace.)

Crissy and a friend had started working at Kenny Rogers' Roasters formerly located down York Road. There, they heard about



Crissy Keemer

job opportunities at Broadmead, which they both pursued, landing jobs here. Crissy's first day was October 8, 1999.

Crissy commented on the ongoing changes in not only the layout of the dining venues but also the menu variations and choice options. One example was the Wednesday Buffet much like the current Sunday Buffet. This actually led to an increased interest on the part of residents in buffet service, in contrast to the menu ordering featured in Broadmead's earlier years. Crissy also recalled the Early Bird Special, a steak and lobster offering for those who signed up and arrived between 5:00 and 5:30 p.m.

Crissy enjoys her position here and its benefits, including the discounted transit passes Broadmead arranges. She keeps up with the residents, their family members, and even their pets, as she observes and remembers a lot. As for family, Crissy is the "big sister" with two younger sisters and two half-brothers. Her mother, Mona Keemer, joined the Broadmead staff since Crissy arrived here.

PAST AND PRESENT *an historical series by Carolyn Adams currently featuring communities seen while hiking the NCR Trail*

Sparks/Philopolis

"Sparks along the Gunpowder" was witty nomenclature in northern Baltimore County many years ago. At that time, what is known today as Sparks referred only to the community along the railroad track. There was a separate community called Philopolis along York Road.



Downtown Sparks in the 1940s as pictured in the October 1985 *Blade*. Photo of picture by the author

Following a 1684 land grant from Charles Calvert, one of the Lord Baltimores, Mordecai Price acquired land known as Price's Chance in 1726. He built a log house on York Road. Other early settlers included the Sparks, Price, Matthews, and Scott families.

According to local lore, Philopolis received its name from a teacher at the Milton Academy (today's Milton Inn) who enjoyed classic Greek. In addition to that famous school for boys, the village also had a general store and several other homes. The first post office in the area, Philopolis, was located at what is today Price's Store.

In 1779, the Sparks family settled on a tract of land along the Gunpowder River about 10½ miles from Towson. In 1835, the Northern Central Railroad (NCR) laid track through Baltimore County and located a switch near Sparks' land. The area then became known as Sparks' Switch. In 1835, the Philopolis post office was moved from York Road and became the Sparks post office.

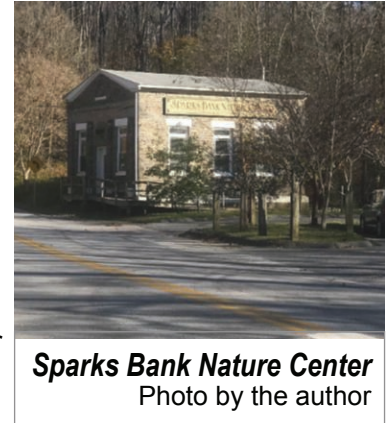
The Sparks family was largely responsible for the growth of the town. In the early 1900s, a creamery was opened for farmers who

brought milk in daily to be separated. The cream was shipped to Baltimore, and the dairymen used the residue on their farms. In 1913, Shadrach Sparks built a large general store. The first paved road in Baltimore County is said to be the road from "downtown" Sparks to York Road.

Shadrach and Lahan Sparks also opened the first bank in the area in 1916 and named it the Sparks Bank. The bank building was stone and remains in use today. In 1984 after the abandonment of the railroad, 20

miles of the roadbed were converted into the NCR trail many enjoy today. In Sparks, the bank building found new life as the Sparks Bank Nature Center.

(Primary sources: local newsletter, *The Blade*, October 1985 quoting a 1949 article *Your County Town - Sparks*, and the privately published *From Marble Hill to the Maryland Line—An Informal History of Northern Baltimore County* by S. B. and C. E. Clemens, 1988 revision.)



Sparks Bank Nature Center
Photo by the author

Roland Park Country School students offer midday concert

By Denise Love

The Roland Park Country School Semiquavers will be performing in the Broadmead Auditorium/Lounge on Friday, December 6, at 12:30 p.m. For more than 50 years, this Roland Park Country School group has provided an opportunity for select junior and senior students to participate in a challenging vocal ensemble. Their repertoire includes classical, folk, popular, and original materials. Extensive public appearances in the school and the community are an integral part of the Semiquavers' experience. Previous appearances include the Governor's Mansion Holiday Open House, Carnegie Hall, and the White House to perform for President Barak Obama and First Lady Michelle Obama.

A small reception will follow the concert.

Broadmead Welcomes

Dave Champney, W-3, 410-323-7313,
dvcham@aol.com. October 2019

Dave Champney met his wife Libby at a Bar Mitzvah—a setup by her boss/his friend. Married since 1985, the couple lived in Glyndon for 15 years and then moved to Tuxedo Park in Baltimore, where they lived for 14 years.



Dave Champney

Dave was born in Washington, DC, but grew up in Yellow Springs, OH, where his father was on the faculty at Antioch College. After studying at Harvard College and at Antioch, Dave became a data systems designer, specializing in data storage and retrieval. He worked

for Social Security and Medicare and then became a consultant, retiring in 2007.

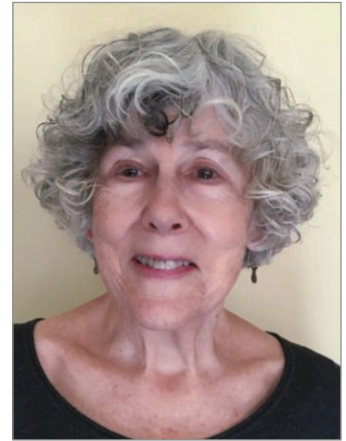
Dave volunteered for Habitat for Humanity and tutored math for high school equivalency classes. His hobbies are woodworking and photography, opportunities he has already investigated at Broadmead.

He has two sons who live in northern Virginia.

Text and photo by Kathleen Truelove

Libby Champney, W-3, 443-956-6825,
libbycc@aol.com. October 2019

Libby Champney plays piano, is learning the banjo, writes poetry, and enjoys gardening, Tai Chi, and reading. Born in St. Louis, she moved as a child to Jefferson City, MO, where her father was a justice on the Missouri Supreme Court. She majored in English at Bryn Mawr College, later earning an MA in teaching at Wesleyan University.



Libby Champney

She taught English at the secondary school level until she was divorced and moved to Baltimore to attend the University of Maryland School of Social Work. She worked at Kennedy-Krieger Institute and Sheppard Pratt Hospital, eventually going into private practice.

Volunteer work has focused on her counseling expertise. Libby has worked with a child guidance clinic and a pro bono counseling project. Reaching back to her teaching days, she has also tutored English for high school equivalency preparation.

She has two grown daughters, one in Colorado and one in Brooklyn, NY. Together, she and Dave have seven grandchildren.

Text and photo by Kathleen Truelove

NEW YEAR'S EVE PARTY

"It's Midnight Somewhere"

Tuesday, December 31 8–10:30 p.m.
Auditorium / Lounge

FURNITURE AND APPLIANCES

We are always open for sales and donations. We need to build a new inventory, so please donate. Call Duffy 443-578-8226 or cell: 410-960-7562

ADVENTURES IN LEARNING

Melvin Goodman

"Whistleblowers"

Wednesday, January 4 1:30 p.m. Auditorium

BROADMEAD WRITERS GROUP

Fridays 4 p.m., Fireplace Room
All writers welcome!

Questions? email maggie.babb@gmail.com

Barrett Rudd, C-23, 443-841-8150, afpbrudd@comcast.net. November 2019

A former chair of the Broadmead Board of Trustees, Barrett Rudd knew that when he moved to a retirement community, he would



Barrett Rudd

pick Broadmead.

After 8 years as campus pastor to Presbyterian students at Penn State University, Barrett was called to be associate pastor at Towson Presbyterian Church in 1969.

During that time, he had become interested in clinical pastoral work and, taking courses and working at Spring Grove State Hospital, Barrett obtained certification in 1977 as a supervisor in clinical pastoral education (CPE). He then obtained a DMin degree in CPE at Lancaster Theological Seminary in a program that he helped found.

In 1974, Barrett accepted a position at Sheppard and Enoch Pratt Hospital as its first chaplain and director of pastoral care, a position in which he stayed for the next 22 years, until he retired in 1996.

After retirement, he created a program, CPE of Baltimore, that placed theological students in clinical pastoral positions at Sinai, St. Joseph, and the Johns Hopkins hospitals. He also added a CPE program at the Hopkins Hospital for local theological students and pastors.

Barrett was on the Broadmead board from 1991 to 2000 for a 9-year term. He rejoined the board in 2011, becoming chair in 2013. Much of the work on the current Master Plan happened on his watch.

Born in Temple, TX, Barrett returned with his family to Reidsville, NC, and then moved to New York City in 1939. Sent to Blair Academy in New Jersey, Barrett discovered a passion for singing. He sang in the Blair choir and later, while a student at Lehigh University, in the university and church choirs, experiences that led him to the ministry and Princeton Theological Seminary.

Barrett has two children from a first marriage, Bradley and Jennifer, and a stepdaughter, Leslie, from his marriage to Ann. Ann passed away in 2016. He has three grandchildren and three great grandchildren.

Text and photo by Jackie Mintz

Sylvia Greene Moore, G-4, 410-804-4609, sylviamoore7@gmail.com. October 2019

Much of Sylvia Moore's professional career was in the fields of mental health and psychiatry. Having obtained an associate's degree in mental health and substance abuse from Essex Community College in 1977, she began work as a mental health team leader, first at North Charles Hospital and then at Wyman Park Hospital.



Sylvia Moore

In 1992, she decided that she wanted to be a licensed practical nurse (LPN) and returned to school at Harford Community College at the age of 52. She worked as an LPN at Hopkins' Meyer 3 treating inpatient

adults with behavioral and psychiatric disorders until her retirement in 2005.

After her "formal retirement," Sylvia took on a full-time, private-duty job for 13 years for a member of a prominent Baltimore banking family. There she was in charge of a staff of 12 duty nurses. According to Sylvia, it was the best job she ever had: She was responsible for hiring and firing, as well as for supervising. She also had flexible hours.

Born and raised in Lexington, VA, Sylvia married William Thomas Moore in 1958. William, who passed away in 2017, was a dairy farm inspector for the Maryland Milk Producers Cooperative. In 1969, they moved to Street, MD, in Harford County, where Sylvia lived until she moved to Broadmead.

Sylvia has three children (Bill, Debbie, and Stephen), all of whom live nearby in Churchville, Jarrettsville, and Street, respectively. She has four granddaughters and three grandsons.

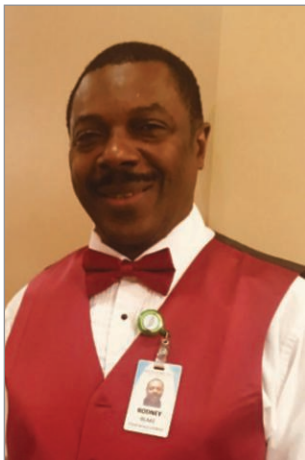
Sylvia loves puzzles and does sudoku and crosswords. *Text and photo by Jackie Mintz*

Broadmead Briefs

Broadmead staff shines for 40th

By Bob Heaton, photo by Angela Breakey

Broadmead residents owe enormous gratitude to the employees who were, in truth, “all hands on deck” for the fabulous 40th Anniversary Celebration held on



Rodney Blake

October 21, 2019.

Scores of smiling servers bustled both visibly and behind the scenes to produce a logistical miracle.

An unsung hero of that event was Rodney Blake who served as a valet parker for rollators. His alacrity kept the lanes clear for servers to do their bustling and celebrants to move freely from

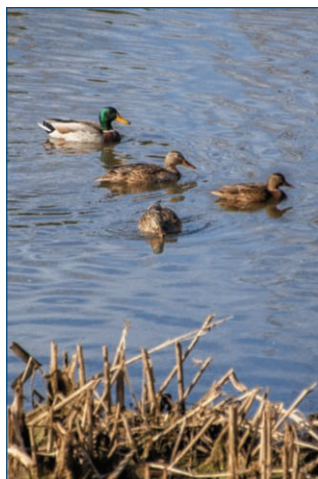
table to table to socialize with friends.

Feathered friends have returned!

By Bob Heaton, photo by Erroll Hay

Criminals return to the scene of the crime, swallows go back to Capistrano, and, once in a while, mallard ducks come back to Lake Maybe. Alert photographer Erroll Hay caught their recent appearance in the photo to the right.

When asked why the ducks have been absent without leave, Erroll replied that he is no birder, but possibly it is because there has been so much foliage in the water recently. In any case, hopefully residents can enjoy the ducks' visit while it lasts.



LET'S SING

“Xmas carols, old and new”

Monday, December 16 7 p.m. Auditorium

A message from 1999

By Bob Fetter

In the preparations leading up to the 40th Anniversary observance, a paint can was discovered that served as a time capsule from nine 1999 residents who signed and enclosed photographs along with the following message:

Dear Broadmead Resident of 2019, Hello and greetings from the Circle of Friends. We have compiled a time capsule for you to see how things are and what is important to us.

Reindeer candy cane. *We made these for holidays.*

Blue stress ball. *We think you may be stressed.*

Dollar bill and penny. *How much will this be worth? We think the penny will be no longer in use.*

Stamp. *Will it cost 50 cents to send a letter, or will you be sending mail via the computer?*

Map of Baltimore. *How have the Inner Harbor, Little Italy, Fort McHenry, etc. changed?*

Picture of us. *Have clothing styles changed much?*

Ruler. *We think the metric system will remain unused.*

Coffee bag. *Every a.m. we must have our coffee (or tea).*

Chocolate. *Please do not eat this (Hershey Kiss), one of our favorite snacks.*

Best wishes! The Circle of Friends, 1999

GREAT DECISIONS 2020

Great Decisions will begin January 23. Briefing books can be ordered online from the Foreign Policy Association at www.fpa.org

or by calling 800-477-5836.

Books ordered in November through BRA will be available in early January.

TOURS COMMITTEE

Enoch Pratt Free Library—Thursday, December 12
See bulletin board sign-up sheet for details.

Broadmead's use of interns provides mutual benefits

By Bob Heaton

Broadmead has had many interns serving in various capacities throughout its history, but today's collection of young people appears to be particularly motivated and useful. Health Services Administrator Ann Patterson reports that Baltimore City Community College frequently sends students to assist and learn in the Health Information Management field, working with Medical Records Director Bella Stewart.

Ann also notes that Liberty University senior Joel Alaruhe, who is working toward a bachelor's degree in social work, is assisting Teresa Geroulo, Director of Social Work.

Broadmead also has an ongoing relationship with Hereford High School. Last year, senior Caitlin Godfrey interned in occupational therapy, a credential which helped her to earn a scholarship to Elizabethtown College where she is studying in that field. Another senior, Catie O'Connor, worked in Nursing, which she now studies at the University of Maryland. Two current Hereford students are working in occupational therapy, Megan McVicker and Mikayla Karotka.

The largest current intern involvement is through the Caroline Center, covered in an article on this page.

Broadmead partners with renowned program for healthcare personnel

By Sue Baker, photo by Bob Heaton

Broadmead has entered into an exciting partnership with the Caroline Center, one of the most effective workforce training programs in the country. The Center's cost-free program prepares women to practice as certified nursing assistants (CNAs) or



Marilyn Winkelstein, Anita Langford

geriatric nursing assistants (GNAs).

Applicants must be Baltimore City women at least 21 years old, with a high-school diploma or general

equivalency diploma (GED). Most trainees choose to work locally, providing Broadmead and other employers with highly qualified, compassionate caregivers. After 15 weeks in small classes with intensive hands-on skills training, participants are ready for supervised clinical work; for some, their first experience is a week on Hallowell to polish their bedside skills under an instructor's supervision. Courses and bedside training are followed by an exam and certification by the Caroline Center as CNAs. Many go on to be GNAs.

Anita Langford, a Broadmead trustee experienced in geriatric nursing who volunteers at the Caroline Center, was instrumental in initiating the partnership and said she "saw the benefit to Broadmead of offering Hallowell as a site where patients would receive extra attention from the trainees." Patients appreciate the trainees, and staff welcome the additional hands to help with feeding patients and performing other tasks.

Broadmead resident and retired nurse Marilyn Winkelstein, a Caroline Center volunteer for almost 7 years, said, "I strongly believe in the curriculum of the Caroline Center. I have also loved teaching all the motivated women I have interacted with, and I hope a Caroline Center GNA is there when I need care in the future."

HEAR-ABLE HOLIDAY GATHERINGS

A HearHere Conversation

See story on page 11 for more information.
Monday, December 9 3:30 p.m. Auditorium

MUSIC COMMITTEE

RPCS Semiquavers

Friday, December 6 12:30 p.m. Auditorium / Lounge
See story on page 5

Westminster Ringers

Saturday, December 14 2 p.m. Auditorium / Lounge

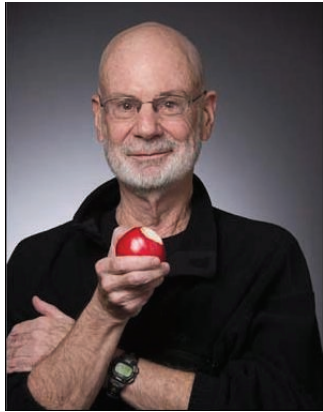
Broadmead Chorus Holiday Concert

Sunday, December 22 3 p.m. Auditorium / Lounge

New weekly mat yoga class may provide restorative benefits

By Gwen Marable, photo courtesy of Lee Halfpenny

In the aftermath of knee replacements or other surgeries, Director of Wellness and Life Enrichment Andy Switzer recommends the mat yoga class held on Tuesdays at 10 a.m.



Lee Halfpenny

in the Lower Level Recreation Room.

The teacher, Lee Halfpenny, uses not only a mat but also a large bolster, two foam blocks, two blankets, and a strap. The specific instructions are too complex to list here, but residents who take the class have

no trouble following them.

Halfpenny teaches Yin Inspired Yoga, which combines Traditional Hatha Yoga, Qi Gong, and Mindful Meditation Yoga. Most poses are held for extended periods, strengthening the connective tissues and bones. Mindfulness is stressed throughout the class, which is geared for residents who are not ready for regular yoga classes.

Halfpenny also teaches at Baltimore Yoga Village and HopeWell Cancer Support. He offers a slower, gentler practice, focusing on training the mind as well as the body.

Residents hear of possible benefits of acupuncture

By Carolyn Adams, photo by Ann Heaton

At a Broadmead Residents Association (BRA) Healthcare Lecture, Wellness Director Andy Switzer introduced Barbara Kendal, MSW, LAc, and said that Broadmead will partner with Mend Acupuncture to provide treatment to residents.

Kendal said that acupuncture does not replace, but complements, traditional medicine. Richard Nixon's 1972 trip to China spurred the first national interest in the subject. Evolving for over 3,000 years, the practice includes several types including Traditional Chinese Medicine, Five Element, Korean, and Japanese styles. The types differ in approaches to treatment plans, but the treatments themselves are similar.

Kendal said the underlying idea behind acupuncture is that an energy (qi), or chi, flows through our bodies through 12 main channels or meridians.

Pain results if the energy flow is blocked.

There are 576 points where tiny, sterile, one-time-use needles can be inserted into the muscle or fascia to help open the flow of the qi, thus restoring homeostasis that stimulates local nerve reflexes and the brain to cause changes in hormones and body chemicals.

Pain, gastrointestinal symptoms, adverse effects from chemotherapy, allergies, anxiety, and depression are some of the major acupuncture targets. Other benefits can be reduced pain, improved sleep and digestion, enhanced mood, and relaxation.

Following the talk, Kendal offered attendees the opportunity to try a session, which many did.



Barbara Kendal

DECEMBER DISPLAY AREAS

Atrium: Just an Atrium

Display Case: Santas

East Hall: Art by children and grandchildren of residents and staff. Art will be hung on December 2. Work must be 11x14 or smaller to fit our frames.

Lower Level: Smart phone photos

Make holiday gatherings “hear-able”

By Mary Ellen McMillin, graphic by Bob Heaton

Family and friends gathering around the holidays can be a joyous, fun, and noisy event. Communication, however, can be frustrating for those with a hearing loss. Background noise blocks certain voice sounds critical to keeping up with the conversation. When listening is difficult, one simply cannot be part of the conversation. Hearing loss is a hidden disability, so those around us may not recognize the sense of isolation it causes. A person's silence could be interpreted by others as disinterest—or worse. Often, companions just don't know simple steps to improve listening environments.



A HearHere conversation event on December 9 at 3:30 p.m. in the Auditorium will explore ways to stay part of the conversation. With planning, one can set the stage to improve visits with special people. The meeting's structure will be interactive to share proactive tips to improve hearing. The same tools can be used for everyday gatherings.

Spouses and friends are encouraged to join in this conversation. Often serving as “interpreters,” hearing companions can share their tips to improve listening environments.

Susie Truitt, often seen on campus with her husband Peter and his canine companion Jack, will facilitate. Susie teaches health and wellness education and water aerobics at Towson University.

HearHere is a BRA Committee formed to advocate for the half of the Broadmead community with hearing loss plus the other half who live among us.

OLD & NEW SHOP

Great Holiday Gifting! Come visit
Monday–Friday, 10–2; Saturday, 11–1

Maryland, My Maryland: The state's history includes two tea parties

An ongoing series by Sidney M. Levy

Everyone knows about the Boston Tea Party, but what about *The Geddes* and *The Peggy Stewart* closer to home? On May 23, 1774, the local chapter of the Sons of Liberty in what was then called Chester Town, on Maryland's Eastern Shore, learned that a British brigantine, *The Geddes*, had come into their port with a shipment of tea. The Sons boarded the ship and threw its cargo overboard into the Chester River.

In Annapolis, on October 14, 1774, a local



The Burning of The Peggy Stewart by Francis Blackwell Mayer, painted in 1896.

trader's ship, *The Peggy Stewart*, came into port with a cargo of tea disguised as linens. *The Peggy Stewart* was owned by a Maryland shipping company and contained a cargo of indentured servants and the tea.

When local residents found out about the tea, they threatened to tar and feather the merchants and burn down their homes. To avoid this punishment, the traders themselves burned down *The Peggy Stewart*.

The merchants were James Dick and his son-in-law Anthony Stewart. Are there any of their descendants at Broadmead?

(Source: https://en.wikipedia.org/wiki/Maryland_in_the_American_Revolution).

Talented residents display their photos in Lower Hall

By Penny Partlow, photo by Bob Heaton

The fourth annual cell phone photography exhibition, sponsored by the Broadmead Photography Club, is on display through December in the Lower Hall of the Center. The capabilities of current cell phone cameras are thus acknowledged by the club. Broadmead residents were invited to submit a maximum of three photographs each. Club members chose what they considered the best shot from each submission and assisted



**Great White Egret,
Homosassa River, FL**
by Carole Glowacki

in enlarging and matting the photographs for display.

Three of the 11 pictures exhibited relate to architectural details as seen in a stairway by Angela Breakey. Others showed New York City building reflections by Joyce Feldstein, and part of the Golden Gate

Bridge by Stan Wilson. Sibylle Ehrlich and Kathleen Truelove offered hummingbirds, butterflies, and flowers. Gay Block captured Leroy's pig. Sharon Karsk caught an outdoor painter at work. Carole Glowacki pictured a great white egret, seemingly in three dimensions (see photo). Dave Harley showed a Parisian flower stand, and Jan Starr shot an interesting Icelandic landscape. The only portraiture was submitted by Nell Baumiller.

Submitting cell phone photographs to the club is a great opportunity for novice photographers or residents who just like to take pictures. They can have their work critiqued by their more experienced peers and exhibited for the community to enjoy.

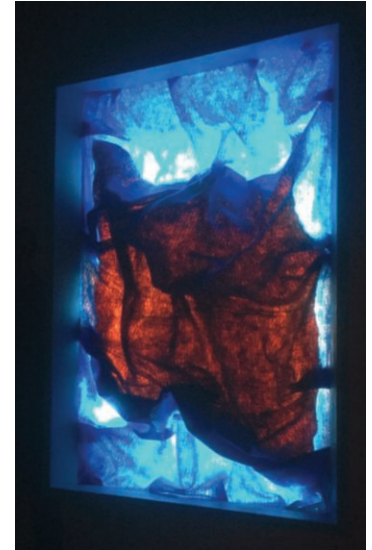
MICA trips introduce residents to artists appearing in February show

Text and photo by Amy Redmon-Norwood

She touched the sculpture's bright red fabric, and it responded in waves of ripples, creating yet another sculpture. This pairing of art and viewer in creation was at the heart of the fall interactive exhibition sponsored by the Rinehart School of Sculpture of the Maryland Institute College of Art (MICA). Unlike the usual museum docent's admonition "to touch with our eyes and not our hands," the artist's invitation to touch the work opened residents to a unique experience.

This recent MICA trip, sponsored by the Department of Wellness and Life Enrichment, introduced Broadmead residents to graduate students who will be participating in Broadmead's third annual MICA art show in February 2020.

A second trip is planned for Monday, December 2, for a private showing of works by students in MICA's well-known Hoffberger School of Painting. These artists also will be participating in the upcoming February show. There is no charge for the trip, but residents will need to reserve their seats soon on the sign-up sheet.



**Backlit sculpture of loose
red felt against bright
blue background, MICA,
October 14, 2019**

MICA TRIP

Hoffberger School of Painting
Private showing for Broadmead residents
Monday, December 2
11:30 a.m.–2:15 p.m.

Sign-up sheet behind reception desk
No charge. *Sponsored by Wellness Dept.*

Greater Barn Sale meeting logistical challenges, but more are on the way

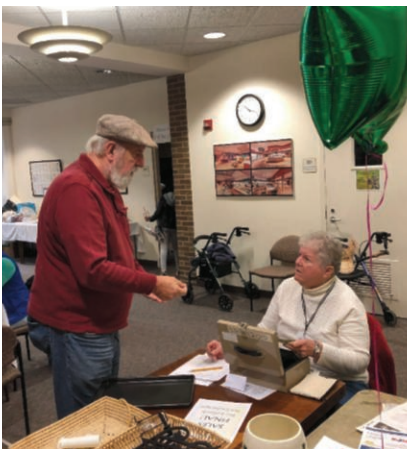
Text and photos by Bob Heaton

During the Fiscal Year 2019 ending on 6/30/19, the Greater Barn Sale provided the Broadmead Residents Association (BRA) with operating funds of \$51,763. This figure is by far the lion's share of BRA revenue.

The Greater Barn Sale consists of three components: the fall and spring Barn Sales, the offsite sales of merchandise between those events, and the ongoing operations of the Old and New Shop. In their November 7 report to the BRA, the leadership team of Edie Cleaves, Stan Wilson, and Lucy Wright noted that the most heartening aspect of the robust revenue was the substantially improved performance of the Old and New Shop, which accounted for almost \$20,000 of the total. The fall 2018 and spring 2019 Barn Sales accounted for about \$22,000, and the offsite sales produced just over \$10,000.

The report also covered the fall 2019 Barn Sale that it termed "very successful," despite the off-putting construction setting and competing events from Evergreen, Charlestown, and GBMC. Although attendance and income were both lower than the fall 2018 event, sales topped the spring 2019 sale by 4 percent. Comparing the fall sales, this year Honey, Jewelry, and Linens all showed increases from last year. The report listed gross receipts of \$15,017, less expenses of \$4,746, for net income of \$10,271. Expense ratios are quite consistent from sale to sale.

Leadership is concerned about the prospects for the next two Barn Sales and is doing all it can to promote an ongoing dialog between the BRA and Broadmead, Inc., to address the challenges posed by the continuing implementation of the Master Plan.



US Foreign policy failures examined

By Ed Hirschmann

In the first two of four scheduled Adventures in Learning talks, retired Central Intelligence Agency staffer Melvin Goodman said there has been a sharp drop in America's prestige and power. Goodman believes that the decline began with the Vietnam War when American arms and troops were unable to defeat the peasant-based Viet Cong guerillas.

Moving from the 1960s to the 1970s, Goodman noted that Iran was a firm friend and ally until the United States opposed popular duly elected Prime Minister Mohammad Mosaddegh and helped the forces of the monarch, Shah Reza Pahlavi, stage a coup that ousted that minister. As a result, foes of the Shah rallied behind a religious zealot, Ayatollah Ruhollah Khomeini, who prevailed and set up an anti-America government.

Currently, Goodman says that the United States has betrayed the Kurds, a Middle Eastern people who were helping the fight against Islamic extremists, and abandoned them. "Under Trump, we've walked away from them," he said.

"A lot of US foreign policy makes no sense," Goodman said. "Veterans groups are angry, but the pendulum is shifting toward the military. It's the State Department that needs real reform."

Pratt Library trips are popular with Broadmead residents

By Sid Levy, photo by Sharon Karsk

The recently refurbished downtown Enoch Pratt Free Library is a dazzling repository for 1.4 million books. It boasts a museum-quality interior composed of intricately sculptured ceilings, polished stone columns, and classically designed lighting fixtures, all restored to their original pristine condition. Recently, 12 residents enjoyed a tour of the impressive structure. Another trip, scheduled for December 12, may already be filled.

The children's section is emblazoned with an 18' x 20' cerulean ceramic tile ocean

scene on one wall and is the location where children can play in a toy house with stuffed animals.



Judith Hundertmark,
Pratt docent, Elsa Collins,
Cynthia Ballard, Renate Meise

The second floor houses a teenage section equipped with a design workplace with a three-dimensional printer to inspire creativity that might point teens to promising careers. This section also has a professional recording studio. Also on this floor are the Edgar

Allan Poe Room with its fireplace and collection of his first editions and the H. L. Mencken Room with his personal library and the Corona typewriter on which he wrote about the Scopes Trial.

Second trip to African-American Museum as rewarding as the first

By Gwen Marable, photo courtesy of the museum

"We think we understand the events we've lived through. We have much more to learn,"



1870's log house marks
the entrance to the Era
of Segregation exhibit

said one Broadmead resident. The return trip to the Smithsonian's Museum of African American History and Culture, following one last spring, did not disappoint.

Residents called the

architecture of the building "spectacular," inside and out. In the vastness of the museum, the party dispersed to use escalators or elevators to any of six floors full of history.

Continued on next page

African-American Museum, *continued from p. 14*

After taking a glass elevator to the lowest floor, one finds exhibits pertaining to previous centuries, tracing the history of Africans in the United States from the slave trade through Emancipation. Groups of students, as well as a class of recruits from the Metropolitan Police Department of the District of Columbia, trailed along with teachers and docents as they took in the displays. Lunch was enjoyed at the Sweet Home Café (a food court featuring regional menus), followed by browsing in the gift shop that offers a wide range of books by Black authors and subjects relevant to African-American life, history, and culture, as well as arts and crafts by African-Americans.

Elsewhere in the museum, residents discovered the music, art, and culture many remember personally. They were also educated regarding events and subjects they had not learned in school.

Vanishing Heritage: Baltimore County's Historic African-American Communities

By Gwen Marable

At a November presentation in the Auditorium, new resident and local historian Carolyn Greenfield Adams shared information about the African-American communities along the York Road corridor, many of which are near Broadmead. She emphasized that a few of the churches and schools (which were often in the basements of the churches), as well as beneficial societies, still exist, but that land development and societal changes have threatened these historic Maryland communities that date back as far as the end of the Civil War.

Carolyn and her late husband William, who was African-American and born in Lutherville, MD, researched the history of Baltimore County's 40 historic African-American communities. By using census records, she and her husband created a database and published the records of all African-Americans in Baltimore County in the period from 1870 to 1920. They also documented his family's history back to 1671.

Bart Houseman tells of 50 years at Goucher, plus one at Los Alamos

Text and photo by Bob Heaton

To open his address to the November Saturday Men's Social, Bart Houseman thanked the audience for having become such an important part of his and wife Dori's lives.



Bart Houseman

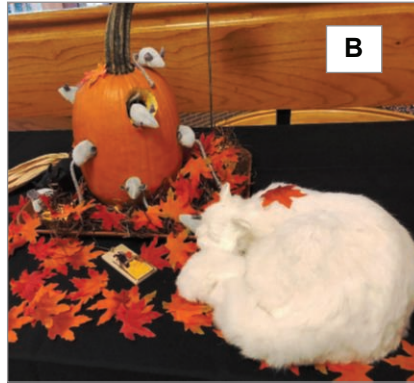
While celebrating his PhD in physical chemistry from Wayne State University in 1961, Bart received a call from Goucher College urging him to visit with an eye to joining the Chemistry Department.

Although already lined up with other interviews, he and Dori visited Towson and decided that was where Bart should begin his teaching career. He ended it there, 50 years later—a record for Goucher service.

In addition to his regular chemistry classes, Bart originated a practical class, “Nuts and Bolts in Contemporary Society,” showing how to fix things. It had 15 students in its first semester, then 35, and then 135, at which point additional faculty were required, a situation Goucher viewed with mixed emotions. By popular demand, Bart had to offer it one night a week as an adult course. The class gained national fame through *Life* (magazine), *National Geographic*, and many newspapers, including *The New York Times*.

In 1979, Bart took a year off to work at the Los Alamos National Laboratory where he developed improved control rods for reactors at nuclear power plants. He and a colleague there thought of a way to extract more oil from partially depleted wells by pumping in water to lift the remaining oil. The colleague wanted too much money from an oil company, so the fame of discovery and the revenue went elsewhere.

2019 Halloween contest winners *Reported by Stacey Young, photos by Ann Heaton*



A 1st place pumpkin: **How Pumpkin Pies Are Made**, *Environmental Services*.

B 2nd: **Cat and Mouse**, *Administration*.

C 3rd: **Master Planning at Broadmead**, *Housekeeping*.

D Res. Most Creative: **The Cat's Alive**, *Alice Christensen*.

E Staff Most Creative: **Partners in Crime**, *Tamira and Sha-Nya*.

F Res. Funniest: **Two Smart Cookies**, *Gay Block and Gwyn Sirota*.

G Res. Scariest: **The Devil Made Me Do It**, *Gwen Marable*.

H Staff Scariest: **T-Rex Takes Over Broadmead**, *Linnette Kanitz*.

NOT PICTURED: Res. Best Group: **Hallowell Beauties**. Staff Best Group: **The Notorious RBG's**, Teresa and Betty. Staff Funniest: **George Pattee & Crew**, Kirsten and Courtney.



Baltimore County problems examined in Open Forum talk

By Ed Hirschmann, photo by Ann Heaton

The hottest current issue in Baltimore County politics, according to a radio news reporter, is the question of housing vouchers, which has been tagged as an issue of racial prejudice. The reporter, John W. Lee, who has been covering county government since



John Lee

2014, spoke in an Open Forum session in mid-November.

The housing vouchers are issued by the federal government to enable persons of modest means to become homeowners. Most opponents fear it would enable more minorities perceived

as "undesirable" neighbors. Lee said that Baltimore City and neighboring counties, such as wealthy Howard County, already have such regulations. Baltimore County recently passed such a proposal by a 4-3 measure, under the urging of County Executive John Olszewski.

Lee, who covers county government for radio station WYPR in Baltimore, pointed to county school construction needs as another divisive issue. County schools, he said, have so deteriorated that a billion-dollar construction program would be required to meet the county's needs.

Regarding school instruction, Lee said the topic of dangerous changes in global climate was added to the high school science curriculum 3 years ago.

The county is also contending with polychlorinated biphenyl (PCB) pollution of the marshlands and the Chesapeake Bay. The county plans to sue chemical giant Monsanto, but a long court battle is expected. "I think we're talking decades for this case," said Lee. "PCBs are found in oils, in plastics, in floor wax. They [the county] will tell you which fish are safe to eat and which are not."

New York Times reporter talks about the Me Too movement

By Ed Hirschmann, photo by Ann Heaton

A large Broadmead Open Forum audience heard Rebecca Corbett, assistant managing editor of the *New York Times*, tell of her career as a newspaper reporter and her team's being awarded the 2018 Pulitzer Prize in Public Service for coverage of the Me Too (or #MeToo) movement combating sexploitation. Corbett was interviewed on stage by her friend, resident Kathleen Truelove, who arranged for her appearance.

Sensational episodes have been charged to notable big businessmen, politicians, and entertainment figures. "Me Too" is the term that has been adopted by women who have joined the movement because they follow original accusers in feeling that they also have been sexually exploited and used.



Rebecca Corbett and Kathleen Truelove

Corbett began her newspaper career on a rural paper in Maine. Then she moved to Connecticut and then to Baltimore, where she worked for *The Sun* newspapers, morning and evening editions, for 20 years. "*The Baltimore Sun* had a newsroom of maybe 420," she said. "Now it is barely 100."

"News coverage is still a difficult business," said Corbett, explaining how public figures try to control the news. "The classic press conference has become a rare occurrence," she continued. "The presidential press briefing is largely out. The practice of tweeting has replaced it."

Corbett concluded by saying that at the *New York Times*, the news and the editorial offices are separated by a "Chinese wall."

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m., Auditorium

Interfaith Vespers

Third Sundays, 4:30 p.m., Lounge

December 15: Rev. Gwendolyn Lloyd
from Gillis Memorial

Convener needed. Gay Block is retiring.

Bible Study

(sponsored by

Govans Presbyterian Church)

Tuesdays, 10 a.m., Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)

Second Wednesdays, 10 a.m.

Fireplace Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)

First Thursdays, 10:30 a.m.

Dining Room Flex Space

Conversations in Morals and Ethics

Thursday, December 12, 10:30 a.m.

Fireplace Room

***How to let go of being a "good" person—and
become a better person***

In Memoriam

Elizabeth (Bette) Hollyday

May 8, 1929–October 26, 2019

Joan Williams

September 7, 1928–November 11, 2019

Lawrence V. Galla

September 22, 1929–November 15, 2019

Moving Around Broadmead

	From	To
Lois Johnston	R-18	T-325

New Arrivals

Jack and Dayle Jones, P-2 (12/12) 443-578-8370

A breed that keeps making history

Text and photo by Mary Sturm

Hi! I am Zoey, a middle-aged Lhasa Apso who lives with "Mom," Mary Sturm to you, in W-1. My breed originated over 4,000 years ago as a small mountain wolf. Domesticated by 800 BC, I am one of the first 14 breeds ever. How about that?



Zoey

My alert ancestors guarded the inside of Tibetan palaces and Buddhist monasteries, and they tipped off hearing-impaired mastiffs outside when danger was near.

I am a lucky dog, surviving six homes before I was taken to a Hagerstown

parking lot in a big bus of dogs in 2012, where Mom rescued me.

I am quite at home at Broadmead, usually atop the lounge chair by the sunroom window. From there, I can monitor all the activities and passersby in the area, true to my guard dog genes. Those construction guys keep me alert these days, except when I am napping.

You may have seen, in the Auditorium, my finest hour on Halloween when I presided over the wedding of two Shih Tzu dogs, bride "Tootsie" Mohr and groom "Arturo" Goen, who have dated for several years. They exemplify our Dynamic Lifestyle Community.

Say hi and wave as you pass. I think we can be friends.

ROUND ROBIN BRIDGE

A fun activity. Begins in January

Please call Jean Wilson, M-2
410-785-0422

Looking for two more teams

BROADMEAD MOVIES

7 p.m. Auditorium

Tue., Dec. 3 *Bohemian Rhapsody*

Highly rated story of the success of British rock band Queen and Freddie Mercury, the lead singer, and 1985's Live Aid Concert 2018 PG-13 2 hours 14 min

Sat., Dec. 7 *Montana*

It's cattle grazers vs. sheep herders in the open range period in the wild west. Aussie Erroll Flynn battles lovely cowgirl Alexis Smith. Will romantic sparks fly? Probably. 1950 NR 1 hour 16 min

Tue., Dec. 10 *Vice*

Eight Oscar nominations for this incisive bio of Dick Cheney, artfully played by Christian Bale, showing Cheney's rise to great power. 2018 R 2 hours 12 min

Sat., Dec. 14 *The Big Country*

New England sea captain Gregory Peck goes west to wed Carroll Baker. Her family wants land held by Jean Simmons. Uh oh! 1958 NR 2 hours 47 min

Tue., Dec. 17 *Adaptation*

Willful movie producer Tilda Swinton hires usually reliable screenwriter Nicholas Cage to adapt *The Orchid Thief* by author Susan Orleans (played by Meryl Streep). Nick has trouble getting it done. 2002 R 1 hour 55 min

Sat., Dec. 21 *White Christmas*

War buddies song and dance team Bing Crosby and Danny Kaye meet lovely singing sisters Rosemary Clooney and Vera-Ellen. Romantic comedy ensues at a ski lodge run by the boys' former general. 1954 NR 2 hours

Tue., Dec. 24 *The Jungle Book*

Man-cub Mowgli, driven from jungle by tiger Shere Khan, embarks on a journey of self-discovery with the help of Bagheera, the panther and Baloo, the bear. 2016 PG 1 hour 45 min

Sat., Dec. 28*Lilies of the Field*

When his car overheats in the desert, itinerant handyman Sidney Poitier gets water at a farm run by nuns. They prevail upon him to stay and build a church. 1963 NR 1 hour 35 min

Tue., Dec. 31**NO MOVIE****Hallowell and Taylor Events**

Tuesday, December 3, 10:30 a.m.
Favorite Poems with Isaac Reher
Taylor Great Room

Sunday, December 8, 3:00 p.m.
Holiday Performance with
Harbor City Chorus
Hallowell Garden Dining Room

Wednesday, December 11, 2:30 p.m.
Holiday Concert with Reisterstown
Senior Center Songbirds
Auditorium/Lounge

Wednesday, December 18, 3:00 p.m.
Monthly Birthday Party
Hallowell Garden Dining Room

Wednesday, December 25, 10:30 a.m.
Christmas Day Music Concert
with Herb Merrick
Hallowell Central

We have many visiting caroling and community groups in the month of December. See our monthly Taylor and Hallowell calendars for more.

BRA HOLIDAY OPEN HOUSE***Come join your friends!***

Thursday, December 12 3-5 p.m.
Auditorium / Lounge

Voice of the Residents

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SATURDAY MEN'S SOCIAL

9:30 a.m. Auditorium **Wear name tags**
December 7: Walter Burnett

BROADMEAD PLAYREADERS

The Christmas Legacy

By John DePrine

Wednesday, December 11 7 p.m. Auditorium

CONSERVATION COMMITTEE

*Promoting Ecological, Energy, and
Global Conservation*

Monday, December 9, 1 p.m. Fireplace Room

PAINT AND PASTELS

Thursdays 10–noon
Lower Level Art Room

CERAMICS

Thursdays 1–3 p.m.

Residents learn of new visual aids during Library for the Blind field trip

*By Penny Partlow, photo supplied by Angela
Breakey*

In early November, 10 Broadmead residents piled into a red FreedomCar van for an InSight field trip to the Maryland Library for the Blind in downtown Baltimore. In anticipation of the Christmas season, the program was described as an introduction to new products that can be of assistance to the sight impaired.



***Folding keyboard to connect
to a tablet or smartphone***

The presenter briefly described the function of each item and passed it around the small group. A keyboard

that plugs into a cell phone or tablet and folds into a compact shape smaller than two decks of cards, is priced at \$33. This regular-size keyboard makes typing texts and e-mails infinitely easier for the sight impaired.

Most people with vision difficulty have problems with pouring liquids. A handy little \$10 gadget fits over the rim of any container and emits a loud beep when the liquid is nearing the rim. A more expensive drinking mug (\$99) can be set to maintain constant temperature for coffee, tea, or hot chocolate, thus avoiding the need to use a microwave or stove to reheat.

The Echo Dot is a tiny, hands-free, voice-controlled device that connects to Alexa. The operator can then ask complex questions, listen to news, make calls, play music, or check the calendar and weather. It is available from Amazon for about \$50.

Also exhibited were several toys for young children who are blind that can aid in stimulating verbal and motion abilities.